

What is claimed is:

1. A composition useful as a dietary supplement or an oral hygiene product, which composition comprises:
 - 5 (a) a source of green tea extract;
 - (b) at least one additive selected from the group consisting of (i) extracts of the fruits of Lo Han, (ii) extracts of the leaves of Stevia and (iii) extracts of the leaves of Chinese Blackberry; and
 - (c) optionally, a natural flavoring component.
- 10 2. A composition according to Claim 1 wherein the composition also comprises at least one material selected from the group consisting of extract of Chinese Licorice root, vitamins, fructose, glycerin, thickeners, gelling agents, xylitol.
- 15 3. A composition according to Claim 1 wherein the composition is substantially free of sucrose.
4. A composition according to Claim 1 wherein the concentration of the source 20 of green tea, on a dry basis, is from about 1% to 15% by weight.
5. A composition according to Claim 1 wherein the concentration of the additive(s), on a dry basis, is from about 0.05% to 5.0% by weight.
- 25 6. A composition according to Claim 2 wherein the concentration of extract of Chinese Licorice root is from about 0.001% to 1.0% by weight.
7. A composition according to Claim 2 wherein the composition is substantially free of sucrose.
- 30 8. A composition according to Claim 2 wherein the concentration of the source of green tea, on a dry basis, is from about 1% to 15% by weight.

9. A composition according to Claim 2 wherein the concentration of the additive(s) on a dry basis, is from about 0.05% to 5.0% by weight.